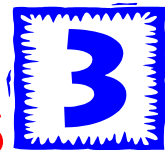




Bright Ideas

for FNS Program Cooperators for using the Eat Smart. Play Hard.™ Materials



Clip Art

Enlarge the Power Panther clip art, cut them out, and make “puppets” by attaching a Power Panther image to a wooden craft stick. Children can use the different Power Panther puppets to create their own puppet show.



Emoticons

Create a positive healthy eating and/or physical activity “tag line” using the animated emoticons. Insert the emoticons at the bottom of all e-mail messages.

Power Up for Good Health -- Eat Smart. Play Hard!



Kids' Activity Sheets

Use the activity sheets during field trips to entertain, educate, and motivate children to eat healthy and be active. Give a Power Panther sticker or tattoo to children who complete the activities on the sheet.



Songs

Insert the songs into Power Point presentations about healthy lifestyle behaviors to energize the audience. Play the songs and invite the audience to have a stretch break as part of your presentation.

